

## Abstract

The flexible exothermic medium of this invention is composed of an exothermic agent which generates heat in contact with air, and a water-absorptive polymer and/or a second polymer other than the water absorptive polymer. The mixture thereof is pressed at a pressure of 100 - 8000 kg/cm<sup>2</sup> with alcohol, a cross-linking agent or a plasticizer. This results in producing flexible united mediums. The flexibility of the exothermic medium is also obtained by irradiating it with light or heating the mixture.

The exothermic medium thus prepared is so flexible as to fit any curved part of the body and has excellent exothermic characteristics compared with the prior art.

The heating element using these exothermic mediums is fit for various uses such as thermotherapy, body warmers, cosmetics and the like.